

Peanut Butter Protein Toast

Haley Renta

- ½ sliced whole wheat toast
- 4-5 Tbsp peanut butter (Recipe below)
- ¼ banana cut in ½ inch slices
- 1-2 Tbsp granola
- ½ Tbsp dark chocolate (melted)

Homemade Peanut Butter (makes about 1-1/2 cups)

- 3 cups dry roasted unsalted peanuts
- 2 Tbsp honey
- ¼ cup almond butter

Instructions:

In food processor, blend peanuts until smooth.

Add honey and almond butter

Mix

Instructions

1. Lightly toast bread.
2. Spread peanut butter on toast.
3. Place banana slices on top.
4. Sprinkle granola on toast.
5. Melt chocolate and drizzle on top.
6. Enjoy!